



**November 12-14 (Thursday-Saturday)**  
**HOSTED BY Alamo Area Aquatic Association-North East**  
**This site will be capped at 200 swimmers**  
**100 Women/100 Men**

**Sanctioned by USA Swimming through South Texas Swimming. In granting this sanction it is understood and agreed that USA Swimming and South Texas Swimming, shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.**  
**LSC SANCTION #ST-20-59**

The 2020 Toyota U.S. Open will be held at ~8-10 sites from November 12-14. Results from each site will be combined by USA Swimming and published in a comprehensive results report. The entry deadline for this competition is 11:59 p.m. Mountain Time Tuesday, November 3, 2020 or until the entry cap is reached. Please note that information in this document may be modified to meet current local, state, and federal protocols.

<b>Location:</b>	Bill Walker Pool/Josh Davis Natatorium Blossom Athletic Center/North East Independent School District 12002 Jones-Maltsberger Road San Antonio, Texas 78216 (210) 356-6925
<b>Dates and Times:</b>	Thursday, November 12 5:00 p.m. CST Friday, November 13 10:00 a.m. and 5:00 p.m. CST Saturday, November 14 10:00 a.m. CST
<b>Format:</b>	The Toyota U.S. Open Championships will consist of four timed finals sessions: Thursday evening; morning & evening on Friday; and morning on Saturday. (See Event Order on page 4.) All events will be swum in Long Course Meters (LCM).

<b>Important Facts:</b>	<ul style="list-style-type: none"> <li>➤ This competition may be conducted in two or more flights per session.</li> <li>➤ This competition is open to all current Premium or Outreach USA Swimming member-athletes who have achieved the published time standards.</li> <li>➤ The qualification period for this event is July 1, 2019 through the entry deadline.</li> <li>➤ Enter the 2020 Toyota U.S. Open online at <a href="https://usaswimming.org/ome">usaswimming.org/ome</a> beginning 10:00 a.m. Mountain Time Tuesday, October 20, 2020 and no later than 11:59 p.m. Mountain Time, Tuesday, November 3, 2020 provided the entry cap has not been reached.</li> <li>➤ Swims achieving a qualifying time standard for the first time from Wednesday, November 4, 2020, through Sunday, November 8, 2020, may enter the meet through OME under the title 2020 Toyota U.S. Open: New Qualifying Swims, provided the meet cap has not been reached. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 8, 2020, and cannot be used to improve the seed time of a prior entry unless the improvement achieves a new qualifying standard. Normal entry fees apply.</li> <li>➤ All swimmers entered in the 800 and 1500 Freestyle events must be positively checked-in</li> </ul>
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- prior to the scratch deadline to compete in the event.
- There will be bonus events at these championships for 18-under swimmers only. Any 18-U athlete who qualifies for one or more individual events will be permitted to enter and swim in up to two bonus events, provided he/she has achieved the published Bonus Event Time Standards.

## **COVID-19**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Every club planning to host or attend this competition must develop a "Return to Competition" plan, and hosts must include this plan with their sanction application. Return to competition can only occur when and if your local authorities have deemed it safe to return to competition. USA Swimming in no way endorses conducting practice or competition in violation of any local, state, or federal guidelines. For additional information please consult [usaswimming.org](http://usaswimming.org) and/or your LSC. To address circumstances related to COVID-19, the supplemental "Return to Competition" document to the meet sanction request must include:

- A. A statement of the local protocols and requirements;
- B. The plan for spectator ingress and egress;
- C. The planned number of individuals gathering in the spaces: pool, deck, spectator seating, etc.;
- D. Safe Sport considerations to ensure parents have access to and/or the opportunity to observe their child; and
- E. An attestation statement in which the meet host attests that the conduct of the meet will adhere to local jurisdictional guidelines.

**Safe Sport:**

The Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to reducing the risk of sexual, emotional and physical abuse to athletes. Components of the program include, but are not limited to, providing education and training, enforcing policies, rules and best practice guidelines, promoting healthy boundaries and mandated reporting of violations.

The Minor Athlete Abuse Prevention Policy ("MAAPP") prohibits applicable adults from having one-on-one interaction with minor athletes that is not within an observable and interruptible distance from another adult. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming MAAPP, and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 720-531-0340 or online at [uscenterforsafesport.org/report-a-concern](https://uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

All athletes age 18 and older must complete Athlete Protection Training ("APT") to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after October 14, 2020, who has not completed APT by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after October 14, 2020, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Director or Meet Marshal, is harmful to others or to other's property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Deck changes are prohibited.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**About the Facility:**

**Bill Walker Pool**

- Myrtha Ten (10) Lane 50 meter competition course
- Four (4) Lane 25 yard warm-down course
- 7.0 ft. wide lanes ranging in depth from (8.4 ft. at start end to 5.0 ft.)
- 6.0 inch anti-wave lane lines
- Myrtha starting blocks
- All Daktronics Timing System with Daktronics Video Board & Digital Scoreboard
- Strobe on each starting block
- Competition will be streaming

**Josh Davis Natatorium**

- Ten lane 25 meter course by 8 lane 25 yard course

**Pool hours and warm-up procedures:**

**Thursday, November 12**

10:00 am – 3:45 pm	General Warm-up (Women & Men)
3:45 pm – 4:45 pm	Women’s Warm-up in Competition Pool – Davis Pool Open
4:45 pm	Clear Competition Pool – Davis Pool Open
5:00 pm	Competition Begins - Women’s 800 Freestyle
5:45 pm – 6:45 pm	Men’s Warm-up in Competition Pool – Davis Pool Open
6:45 pm	Clear Competition Pool – Davis Pool Open
7:00 pm	Competition Begins – Men’s 800 Freestyle

**Friday, November 13 & Saturday, November 14 AM Sessions**

7:30 am – 8:45 am	General Warm-up (Women & Men)
8:45 am – 9:45 am	Women’s Warm-up in Competition Pool – Davis Pool Open
9:45 am	Clear Competition Pool – Davis Pool Open
10:00 am	Competition Begins - Women
11:30 am	Competition Ends
11:30 am – 12:30 pm	Men’s Warm-up in Competition Pool – Davis Pool Open
12:30 pm	Clear Competition Pool – Davis Pool Open
12:45 pm	Competition Begins – Men

**Friday, November 13 PM Session**

2:00 pm – 3:45 pm	General Warm-up (Women & Men)
3:45 pm – 4:45 pm	Women’s Warm-up in Competition Pool – Davis Pool Open
4:45 pm	Clear Competition Pool – Davis Pool Open
5:00 pm	Competition Begins
6:30 pm – 7:30 pm	Men’s Warm-up in Competition Pool
7:30 pm	Clear Competition Pool – Davis Pool Open
7:45 pm	Competition Begins - Men

**Event Order:**

Thursday, November 12 - 5:00pm CST  
800 Freestyle

Friday, November 13 - 10:00am CST

400 Freestyle  
200 Individual Medley  
50 Freestyle

Friday, November 13 - 5:00pm CST

400 Individual Medley  
100 Butterfly  
200 Freestyle  
100 Breaststroke  
100 Backstroke

Saturday, November 14 - 10:00am CST

1500 Freestyle  
200 Backstroke  
100 Freestyle  
200 Breaststroke  
200 Butterfly

- Meet Personnel:** *Site Referee, Jim Holcomb, [jholcomb@utep.edu](mailto:jholcomb@utep.edu)*
- Administrative Referee, Traci Johnson, [tdjohnsoncpa.com](mailto:tdjohnsoncpa.com)*
- Meet Director, David L. Johnson, [djohns1@neisd.net](mailto:djohns1@neisd.net)*
- Technical Meeting:** There will be no in-person technical meeting for this competition, however there may be a virtual technical meeting. Details will be sent to each coach. Additionally, information will be posted online at [usaswimming.org](http://usaswimming.org).
- Meet Entries:** All event entry questions should be directed to the Administrative Referee or Meet Director. Specific questions regarding OME can be addressed to Macie McNichols at [mmcnichols@usaswimming.org](mailto:mmcnichols@usaswimming.org) (719-351-6511).
- Enter the 2020 Toyota U.S. Open online at [usaswimming.org/ome](http://usaswimming.org/ome) beginning 10:00 a.m. Mountain Time Tuesday, October 20, 2020 and no later than 11:59 p.m. Mountain Time, Tuesday, November 3, 2020 provided the entry cap has not been reached.
  - You will be required to pay for the online entries with a Visa, Mastercard, American Express or Discover. Once entries are submitted through OME, refunds will not be provided.
  - OME is not an eligibility report; Coaches are responsible for knowing events for which their athletes are qualified.
  - You can modify your entry online by adding to the original entry. You cannot delete an online entry once it has been paid for.
  - Once you complete your online entry, you will be sent confirmations via email. Please keep all of these and bring them with you to the meet (just in case).
  - COVID-19, USA Swimming Waiver and Release Forms, and Therapeutic Use Exemption Forms will automatically be sent to you via email after the entry deadline. Make copies as needed for each swimmer. Additionally, a parent or legal guardian must sign form if swimmer is under the age of majority in his/her home state. Please complete these forms and email to the Meet Director (*i.e. do not mail to USA Swimming*).
- Qualifying Period:** The qualification period for this event is July 1, 2019, through the entry deadline.
- Event Limit** A swimmer may only swim six (6) events per day. A swimmer may enter any number of individual events in which the qualifying time standard has been met. All entry times must be proven.
- Bonus Events:** There will be bonus events at these championships for 18-under swimmers only. Any 18-U athlete who qualifies for one or more individual events will be permitted to enter and swim in up to two bonus events, provided he/she has achieved the published Bonus Event Time Standards.
- Entry Fees:** \$20.00 per individual event + \$10.00 facility surcharge per athlete
- New Qualifying Swims:** Swims achieving a qualifying time standard for the first time from Wednesday, November 4, 2020, through Sunday, November 8, 2020, may enter the meet through OME under the title 2020 Toyota U.S. Open: New Qualifying Swims. These entries must be submitted no later than 11:59pm Mountain Time on Sunday, November 8, 2020, and cannot be used to improve the seed time of a prior entry, unless the improvement achieves a new qualifying standard. Normal entry fees apply.

- Late Entries:** Any team or athlete missing the entry deadline will be permitted to enter late provided the entry cap has not been reached and subject to the following requirements:
- A. Late entries must be submitted through the Online Meet Entry system (OME);
  - B. These entries must be received no later than 11:59 p.m. Mountain Time on Sunday, November 8, 2020;
  - C. The team or athlete must pay a one-time processing fee of \$150.00 *and* pay entry fees of \$40 per event.
- Secondary Club Recognition:** The online entry form contains a space for secondary “club recognition.” You may enter a second club for each of your athletes if you wish. The secondary club will be listed in the psych sheet, meet roster and heat sheets, if space is available. Each athlete will have only 16 characters for both his/her club and his/her secondary club. The club does not need to be a USA Swimming member club. It may be any club that your athlete wishes to recognize. Listing this club is for recognition purposes only. Listing this club has nothing to do with representation, team scoring or credentials.
- Rules:** USA Swimming Rules and Regulations will govern the conduct of this competition. It shall be the swimmers’ and coaches’ responsibility to acquaint themselves with all information contained in this meet information book. No swimmer will be permitted to compete unless he/she is a member as provided in Article 302. This event and associated time trials are held under the sanction of USA Swimming through the Local Swimming Committee (LSC). It is understood and agreed that USA Swimming and the LSC shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- Membership Requirement:** All participants should be prepared to show a current USA Swimming membership card. Information regarding the APT course and the background check can be found online at [usaswimming.org/protect](https://usaswimming.org/protect). Coaches must provide proof of CPR, First Aid and Safety Training for Swimming Coaches or USA Swimming approved equivalents and must have successfully passed the required background check and APT Course.
- SWIMS Database and Proof of Time:** Times from the following will be in SWIMS, the national times database. Times in the database are not automatic entries to meets.
- A. USA Swimming Sanctioned Competitions
  - B. USA Swimming Approved Competitions - Check two weeks before the competition to assure the meet has been approved by the LSC, and prior to the start of the competition, ask the Meet Director for the procedure for getting a time into SWIMS.
  - C. USA Swimming Observed Swims - Be sure a proper request for an Observed Swim is made according to guidelines appearing in the USA Swimming SWIMS Time Module Policy Manual, and prior to the start of the meet, verify that proper procedures are in place for the Observed swim.
- Entering Official Times:** All entry times must be made prior to the entry deadline and must be proven prior to the scratch deadline for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. USA Swimming reserves the right to challenge any submitted time. All scratches must be proven.

<b>Responsibility Clause:</b>	<p>The coach, swimmer or swimmer representative who completes a USA Swimming entry form attests that all times stated in the entry form are true and correct as achieved qualifying times for each event entered. He/she assumes all responsibility for false or incorrect times, or times which are unacceptable under USA Swimming rules, and shall be assessed a \$100 penalty payable to the Corporation for each such time entered, unless absolved of the fine by USA Swimming or its designee or Board of Review. Additional action or penalty may be taken or levied as deemed appropriate by USA Swimming.</p> <p>Such penalty shall also be levied against any USA Swimming verification officer who entered such a false or incorrect time(s) into the SWIMS Database.</p> <p>Appeal of fines are to be made to USA Swimming or its designee and/or Board of Review. Any appeal of the decision shall be in accordance with the provisions of Part Four, specifically Article 407.</p>
<b>Automatic Proven Times:</b>	<p>If a time for a swimmer is visible in the public search feature on the USA Swimming website (Times/Time Standards) and it was swum in the appropriate qualifying period, it is considered a proven official time. Entry times not proven by the scratch deadline for the event will be considered as false or incorrect times and are subject to action under provisions of the USA Swimming Rules and Regulations.</p> <p>Times from all college dual, invitational and conference meets should be in the database. If a qualifying time was swum at a USA Swimming observed high school meet, verify that it is in the database before using it for entry. Contact the LSC Times Official in the LSC where the meet was held if there are missing times or questions about whether the meet was observed. Times from all major international championships will be automatically entered in the database. Times from any other meets in which National time standards were met must be requested from the SWIMS Time Official in the LSC in which the meet was held. LSC officials may charge a fee for data entry requested after the meet ends. Note: Relay lead offs and/or intermediate split times must be requested from the SWIMS Time official in the LSC where the time was achieved. Requesting SWIMS data entry won't enter a swimmer into a competition nor place your club on the USA Swimming mailing list.</p>
<b>Seeding:</b>	<p>For this competition, the seeding order is:</p> <ol style="list-style-type: none"> <li>1. Long Course Meters (LCM)</li> <li>2. Short Course Yards (SCY)</li> </ol> <p>All events will be pre-seeded except the distance freestyle events (800 &amp; 1500) which are positive check-in.</p>
<b>Positive Check-In:</b>	<p>The deadlines for distance events positive check-in are as follows:</p> <ul style="list-style-type: none"> <li>• 800 Freestyle: 3:00 pm on Thursday, November 12</li> <li>• 1500 Freestyle: 4:00 pm on Friday, November 13</li> </ul> <p>Positive check-in should be sent before these deadlines to Traci Johnson, Administrative Referee either via text at (817) 565-2244 or by email <a href="mailto:traci@tdjohnsoncpa.com">traci@tdjohnsoncpa.com</a></p>
<b>Scratch Procedures:</b>	<p>This event will follow the scratch rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations.</p>
<b>Ready Room:</b>	<p>A Ready Room will not be used during this competition. Swimmers will report directly to their assigned starting block prior to their scheduled heat.</p>
<b>Distance Freestyle:</b>	<ol style="list-style-type: none"> <li>A. Distance Entry - Any swimmer who qualifies for the 800 or 1500 freestyle events may enter at their fastest time or at the qualifying time standard if entered in two or more events on the day of the event.</li> <li>B. All swimmers entered in the 800 or 1500 Freestyle events must be positively checked-in</li> </ol>

- by the scratch deadline in order to compete in the event.
- C. Distance events will swim fastest to slowest, alternating women and men beginning at designated time.

<b>Meet Scoring and Awards:</b>	There will be no scoring or awards at this competition, however eligible athletes will receive \$1,500 for each first-place finish, \$1,000 for each second-place finish, and \$500 for each third-place finish based on the aggregate results.
<b>Results:</b>	USA Swimming will compile and display results on Monday, November 16, 2020.
<b>Broadcast Statement and Image Authorization:</b>	All photographs, videotapes or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming. This meet may be covered by the media and/or professional photographers taking photographs, video, web casting, and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact. All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.
<b>Swimmers with Disabilities:</b>	Please inform the Meet Referee of any swimmers needing additional accommodations prior to the start of each session.
<b>Spectator Info &amp; Safety Plan:</b>	See Bill Walker Pool/Josh Davis Natatorium Competition Protocols
<b>Safety Plan:</b>	See Bill Walker Pool/Josh Davis Natatorium Competition Protocols and Lower & Upper Facility Concourse Maps
<b>Additional Information:</b>	Ticket Prices: All Session Pass - \$30.00 Adults (18 & Older) All Session Pass - \$20.00 Children (17 & Under) Individual Session - \$10.00 Adults (18 & Over) Individual Session - \$7.00 Children (17 & Under)



## Doping Control:

The 2020 Toyota U.S. Open Championships are subject to Doping Control. All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or FINA under the In-Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. Athletes should visit [usada.org/athletes/antidoping101/](https://usada.org/athletes/antidoping101/) for important information that all athletes, coaches, and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that some medications may require approval that will take at least 21 days.

### What substances are banned?

Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency [Prohibited List](#). It's important that athletes are aware of the substances and methods on the Prohibited List, as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the resources available pertaining to medication to determine whether or not a substance is prohibited." [Read the Athlete Guide to the WADA Prohibited List](#)

### What about medication?

Per USADA: "Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA's [Global DRO](#) service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in- and out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at 719.785.2000.

The [USADA wallet card](#) also provides information on the most commonly ingested medications. If and when a medication is prohibited, athletes may choose to stop taking or replace the medication with a non-prohibited substance or explore the [Therapeutic Use Exemption](#) process. *Your health is your first priority. Any decision to stop or start a medication should be made in consultation with your medical provider.* It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit [USADA's Supplement 411 resource](#).

### Therapeutic Use Exemptions?

Per USADA: "In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's [Prohibited List](#). A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the [Therapeutic Use Exemption](#) page, where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions."

### Understand the Sample Collection Process:

Per USADA: "Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete's rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes [here](#)." NOTE: Minor athlete should always have a representative with them in doping control.

*Per established doping control testing protocol, a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA's established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA's crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.*

**NCAA doping control rules are different than the rules for this meet. Be sure all athletes have checked their meds with USADA and understand this information.**

**Doping Control rule for athletes previously eligible for out of competition drug testing:** Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 6-month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Master's and USA Swimming) or FINA sanctioned events. If you have an athlete in this situation, please email [smichael@usaswimming.org](mailto:smichael@usaswimming.org) immediately.



# TIME STANDARDS 2020

## TOYOTA U.S. OPEN CHAMPIONSHIPS

Girls		EVENTS		Boys	
SCY	LCM		LCM	SCY	
22.79	26.59	50 Freestyle	23.99	20.49	
49.69	57.59	100 Freestyle	51.99	44.39	
1:47.39	2:04.29	200 Freestyle	1:54.29	1:38.39	
4:48.09	4:21.39	400/500 Freestyle	4:02.79	4:28.29	
9:56.79	8:58.69	800/1000 Freestyle	8:23.09	9:13.19	
16:32.59	17:11.29	1650/1500 Freestyle	16:05.09	15:34.19	
54.49	1:04.39	100 Backstroke	58.79	49.69	
1:57.69	2:18.29	200 Backstroke	2:06.99	1:47.99	
1:02.89	1:13.29	100 Breaststroke	1:06.09	55.79	
2:15.49	2:38.29	200 Breaststroke	2:23.29	2:01.19	
53.99	1:02.39	100 Butterfly	56.49	48.99	
1:59.39	2:16.99	200 Butterfly	2:05.09	1:47.89	
2:00.59	2:20.99	200 Individual Medley	2:08.29	1:48.89	
4:15.19	4:57.29	400 Individual Medley	4:33.09	3:52.69	

Girls		BONUS EVENT STANDARDS (18-UNDER ONLY)		Boys	
SCY	LCM		LCM	SCY	
23.49	26.99	50 Freestyle	24.39	20.99	
50.99	58.39	100 Freestyle	52.89	45.79	
1:49.79	2:05.39	200 Freestyle	1:56.29	1:40.29	
4:52.09	4:23.79	400/500 Freestyle	4:06.29	4:32.69	
10:03.59	9:03.49	800/1000 Freestyle	8:33.79	9:25.49	
16:46.19	17:20.49	1650/1500 Freestyle	16:14.99	15:46.99	
56.59	1:05.59	100 Backstroke	59.69	50.99	
2:01.29	2:20.69	200 Backstroke	2:09.59	1:50.69	
1:04.29	1:14.29	100 Breaststroke	1:07.59	57.69	
2:19.79	2:40.09	200 Breaststroke	2:27.19	2:05.89	
55.99	1:03.39	100 Butterfly	57.39	50.09	
2:03.29	2:19.59	200 Butterfly	2:08.19	1:51.59	
2:03.79	2:22.49	200 Individual Medley	2:10.49	1:52.49	
4:23.69	5:01.89	400 Individual Medley	4:38.39	4:00.19	

Qualification Period July 1, 2019, through the Entry Deadline

# SOUTH TEXAS SWIMMING, Inc.

## Safety Guidelines and Warm-up Procedures

### A. WARM-UP PROCEDURES

#### I. Assigned Warm-up Procedures

- a. Warm-up lanes and times will be assigned to competing teams based on number of entrants.
- b. All warm-up activities will be coordinated by the coach(es) supervising that lane.
- c. Dive sprints shall occur from only the designated end of the pool, swimmers must exit on the opposite end of the pool, and may be done only under the direct supervision of the coach.

#### II. Open Warm-up Procedures

### LANE USE

POOL	PUSH/PACE	DIVES/SPRINTS	GENERAL WARMUP
10 Lanes	0 and 9	1 and 8	2 through 7
8 Lanes	1 and 8	2 and 7	3 through 6
6 Lanes	1 and 6	2 and 5	3 and 4

- a. The first half of the assigned warm-up time shall be general warm-up for all lanes.
- b. Push/Pace lanes will push off one or two lengths from starting end.
- c. Sprint lanes are for diving from blocks or for backstroke starts in specified lanes at designated times and from the designated end. Swimmers must exit the pool on the opposite end.
- d. There will be no diving in the general warm-up lanes—circle swimming only.
- e. No kickboards, pull buoys, or hand paddles may be used.

### III. Safety Guidelines

#### a. Coaches are responsible for the following:

1. Instructing swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practices.
2. Actively supervising their swimmers throughout the warm-up sessions, at meets, and all practices.
3. Maintaining as much contact with their swimmers AS POSSIBLE, both verbal and visual, throughout the warm-up period.

#### b. The host team will be responsible for the following:

1. A minimum of four marshals who report to and receive instructions from the Meet Referee and/or Director shall be on deck during the entire warm-up session(s).
2. Marshals will have the authority to remove from the deck for the remainder of a warm-up session, any swimmer or coach found to be in violation of these procedures.
3. The host team shall provide signs for each lane at both ends of the pool, indicating their designated use during warm-ups.
4. Warm-up times and lane assignments will be published in the meet information and posted at several locations around the pool area and the following statement will appear in the meet information: "South Texas Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."
5. An announcer will be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the warm-up.
6. Hazards in locker rooms, on deck, or in areas used by coaches, swimmers, or officials will be either removed or clearly marked.

### B. MISCELLANEOUS NOTES

- I. Backstrokers will ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the blocks if there is a backstroker waiting to start.
- II. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
- III. Swimmers are required to exit the pool on completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during the warm-up session.
- IV. Warm-up procedures will be enforced for any breaks scheduled during the competition.
- V. No hand paddles, fins, or kickboards may be used at any time during general, specific, or between warm-ups unless approved by the Meet Referee.

**NOTE: Host Clubs, with the consent of the Meet Referee, may modify the time schedule or recommended lane assignments depending on pool configuration, number of swimmers, or other considerations; so long as safety considerations are not compromised. Any such changes will be announced and/or prominently posted in the pool area.**